

## Wellness University (Well U.) Newsletter

# The Healthy Scoop

Tools and tips to create  
a healthier, happier you

Spring 2016

## LVHN Wellness

### Coming Soon - New and Enhanced Health and Wellness Services for LVHN Colleagues!

In March, all LVHN colleagues (whether enrolled in Choice Plus or not), and all Choice Plus-enrolled dependents age 18 and older can access enhanced health and wellness services, provided by Populytics.

Every day, you take great care of our community and give support to your colleagues. But, in order for you to give your best to others, you also deserve support. LVHN wants all colleagues to achieve your best life at home and at work through better health and wellbeing.

You will be able to work independently toward your goals or engage with your own certified health and wellness coach and 24/7 access to online resources.

These free, confidential services include:

- Enhanced health and wellness assessment to jump start your journey
- Confidential telephonic coaching with Certified Health and Wellness Coaches
- Self-directed action plans for back pain, financial wellness, stress management, and more
- An interactive health library with easy-to-follow videos and tools
- Personalized reports you can share with your health care providers

Stay tuned for more information!

## YOUR SELF-CARE CORNER

Welcome to the 1<sup>st</sup> series of the Self-Care Corner

Presented by: Future of Nursing Wellness  
& Self-Care Workgroup

*SELF CARE is what people do for themselves  
to establish and maintain good health, prevent  
diseases, limit illness and restore health.*



## Making Small Changes to Eat Healthier

As healthcare employees, we spend a majority of our time tending to the needs of others. Some of us even give advice on healthy habits and healthy eating. But are we listening to our own advice? Hectic schedules and long hours can make this challenging. Eating a balanced diet often takes a back seat to the convenience of fast-food options that don't serve in our best health interest.

### How can we work to incorporate self care into our day-to-day schedule?

It's important to be aware of our meal habits. By making only small changes in our diets and setting practical goals, we can work toward achieving a healthier lifestyle. Let's make self-care one of our main priorities, not only for ourselves, but also to serve as role models to others. In order to get started with healthful eating, an awareness of any poor eating habits we may have is key—like eating when stressed, mindless eating, having frequent fast food meals, large portion-sized meals or irregular meal patterns.

### Here are some tips for getting started to promote better eating:

- Establish routine meal patterns with consistent intake and portion sizes.
- Add more whole foods to your everyday diet.
- Avoid reliance on stimulants like caffeine.
- Prepare meals and snacks ahead of time.
- Add color to your plate, by choosing a variety of colorful fruits and vegetables.
- Eat foods high in antioxidants (like vegetables, berries, citrus fruits, almonds) or with fatty acids (fish like salmon and tuna).
- Choose smart options more often when dining in the cafeteria or from vending machines.
- Drink plenty of water.
- Make regular sleep a priority.

*Change takes time. So begin with one or two of the tips noted. Then build from there.*

**Happy Eating!**



Pictured: (Licensed Massage Therapist) Emily Hunsicker

## **ONSITE MASSAGE SERVICES!**

Is your department in need of an exciting way to de-stress?

Our wonderful colleagues in LVHN Massage Services are here to bring onsite massages to your work area!

Contact: Kristen Wanamaker at [Kristen.Wanamaker@lvhn.org](mailto:Kristen.Wanamaker@lvhn.org) or 610-402-9708 and schedule your chair massages today! Culture of Wellness Reimbursement available.

## **Upcoming Walk Get Out! Lehigh Valley**

### **Steel Saunter**

**Date:** Saturday, March 12

**Time:** 10:00 a.m.

**Duration:** 2 hour walk plus 1 hour complimentary "Rise and Fall of Bethlehem Steel" tour

**Length:** 4 miles

**Where:** South Bethlehem Greenway, 1325 Steel Ave, Bethlehem, PA 18015

**Register online, or call  
610-402-CARE**

## **WHAT AM I?**

I am a vitamin important for growth and repair in your body. I help you absorb iron. Your body cannot make me on its own, but you can find me in many fruits and vegetables, especially citrus fruits, peppers, tomatoes, and broccoli.

### ***Win a Prize!***

**Submit your answer** to [Erica.Fry@lvhn.org](mailto:Erica.Fry@lvhn.org) with the Subject: Healthy Scoop Trivia by March 18th. One lucky winner will receive a wellness bag including a water bottle, yoga mat, exercise band and more!

### **The Healthy Scoop**

#### **Editorial Team & Contributors**

- Well U. Steering Committee members
- Kristin Behler, MPH, MCHES, Manager
- Sarah Engler, Certified Health Education Specialist
- Erica Fry, Wellness Coach
- Jennifer Warren, Office Coordinator

### **We want to hear from you!**

Send your stories and ideas to  
[Sarah\\_E.Engler@lvhn.org](mailto:Sarah_E.Engler@lvhn.org)

## **Sunshine Salad**

**Provides 2 fruit and vegetable servings per person!**

### **Ingredients**

5 cups spinach leaves - packed, washed and dried  
1/2 red onion, sliced thin  
1/2 red pepper, sliced  
1 whole cucumber, sliced  
2 oranges, peeled and chopped into bite sized pieces  
1/3 cup "light" vinaigrette dressing (about 15 calories/tablespoon)

### **Directions**

Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

**Tip!** Add a lean protein to your salad such as grilled chicken, tuna fish, hard-boiled eggs, or chickpeas.

### **Serves 5**

#### **Each serving provides:**

Cholesterol: 0 mg  
Fiber: 8 g  
Sodium: 200 mg  
Calories from Protein: 18%  
Calories from Carbohydrate: 62%



Source: A Healthier You, US Department of Health & Human Services

A PASSION FOR BETTER MEDICINE.™



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